

## FREE BOX

Here's a chance to prove to your own satisfaction, and at our expense, that Zam-Buk does end pain and heal sores and skin diseases. Mail this advertisement and 10 stamp (for return postage) to Zam-Buk Co., Dupont St., Toronto, and we will send you free box.

**ZAM-BUK**  
DOES END PAIN

## The After Effects of Spanish Influenza

This terrible scourge leaves in its wake weak hearts, shattered nerves, impoverished blood, and a general run-down, debilitated condition of the system.

Thousands of people throughout Canada are just now needing the timely use of

## Milburn's Heart and Nerve Pills

They will stimulate and strengthen the weak heart, bring back the shattered nervous system to a perfect condition, renew the lost vitality, build up the strength, and enrich the blood.

Price 50c. a box, at all Dealers, or mailed direct on receipt of price by

The T. Milburn Co., Limited, — — — Toronto, Ont.

## NEWS OF SPECIAL INTEREST

### LET'S TALK IT OVER.

#### AND AFTERWARDS?

In a certain Holy Book you will find a description of the healing of ten men and how all but one forgot to return thanks for the great benefit received. Now it seems to me that the truest way for us to show our thankfulness for the end of the war is not to relax our patriotic effort, but if one channel seems to have closed up one building which we have been putting up brick by brick completed, to branch out and find other ways to go, other edifices to erect.

There are those who believe that "we shall rest," and while that is true, "and Faith we shall need it," follows naturally after that—still it is impossible to refrain from quoting the next lines,

"Till the Master of all good workmen shall call us to work anew."

It has been contended from the first of the war that many societies formed under the impetus of the great necessity for war relief would automatically cease to exist as the reasons for their origin passed away. In the cases of many societies the war relief funds earned will continue to be needed for many years to come. Take the Red Cross for example, it has been demonstrated that Peace as well as War has its disasters and its sudden emergencies, and that surgical supplies and women to dispense them must be always kept in readiness.

The Daughters of the Empire was founded long before this war, and thus had their organization all ready for military assistance as well as for their usual patriotic labors. If the war has not broadened our outlook so that we see no one can live or die to themselves, we surely have lost one of the greatest lessons that sorrow and sadness can teach. Is it more patriotic to knit socks for the soldier than to sew for the poorly clad little child in a city slum (and we have slums in St. John). True, there is more excitement over the military work "The poor we have always with us," but that does not make the sewing or knitting any the less necessary. If there is less glamour then that means we will lose some of the thoughtless ones among our members, those who are all on fire at one time but drop by the wayside when the daily drudgery comes. Therefore it will be for the leaders and the steady faithful workers to point out what we can do, how we can help among work for girls, in our civic life, trying to bring about reforms where we can see they are sadly needed. In this way we will preserve the spirit of comradeship which we have gained by these long four years of close association, hold firmly fast the friends we have gained and endeavor to make the world a better place to live in.

It has always seemed to me that that one grateful leper must have gone back afterwards and lived a truly wonderful life. If we are truly grateful it will show in lives of service, and it will be the united work of women which will count in the world, so troubled and unsettled with so many problems facing us to be solved.

We have societies, clubs, circles, associations, chapters, call them what you will. They have been a power in the land. Shall we let that power lapse?

What do you think about it?

MARGUERITE.

THURSDAY  
FRIDAY  
SATURDAY

**UNIQUE**

**Fatty Arbuckle** Has a Sweetheart.  
But she is an Indian Squaw and thereby hinges the comedy

**"Fatty's Indian Sweetheart"**

**"STINGAREE"** The Australian Bushranger.  
Goes through Fire and Water.

Episode Sixteen

**"The House of Hate"**

Pearl and Gresham escape from the island in one of the most exciting instalments of this popular serial.

### THEATRE PATRONS ARE HAPPY TODAY

Ban is Lifted by Health Department After Amusement Houses Have Been Closed Several Weeks.

Both managers and patrons of the movies and vaudeville will rejoice over the opening of the theatres which takes place today. The houses have been thoroughly cleaned and disinfected throughout and in many cases redecorating has been done so that now color schemes will greet those attending the shows and specially good programmes have been provided.

Another class to be thankful for the lifting of the ban are the film exchange men whose business has suffered sadly during the influenza epidemic. In the province St. George will open the first of the week, Woodstock, however, is shut down till further notice. In Nova Scotia, Liverpool and Shelburne have been allowed to open and practically all of the South Shore houses will be in full swing by next week.

The Girls' Association of St. John's (Stone) church have packed eighty-five boxes which are now all ready to be sent to the members of the congregation who are overseas. Money to purchase the contents of these packages was contributed by members of the congregation and the work of

tying up the parcels was done by the Girls' Association under Mrs. L. P. D. Tilley, president. Rev. G. A. Kuhring has enclosed a message from Stone church to every soldier wishing them a Happy Christmas.

comes increasingly urgent as Germans evacuate occupied lands. Reserve of supplies also needed in Canada for work in military hospitals. Have requested government to obtain for society earliest possible information as to arrangements for return and repatriation of prisoners.

So soon as definite information is received by the provincial branch, as to the work which the Red Cross Society is now to do, all branches will at once be notified. There will be much to do for the refugees in France and Belgium, and work along this line will very shortly be specifically stated.

The Tri-Color.  
(Dedicated to the Foreign Legion) Audacious, gay and sweet and debonaire;  
With Liberty outshining from her glance—  
The Tri-color wound round her dusky hair  
O Merry France!

O hopeful eyes, still watching for the dawn—  
While Faith, triumphant, blocks the foe's advance,  
You live forever in our grateful hearts—  
Immortal France!  
—Eunice T. Holbrook Ruel.

THURSDAY — FRI DAY — SATURDAY  
Matinee at 3 — Evening 7.30 and 9.

**LYRIC**

**THEATRE**

**AN OLD ADAGE**

Says: "It's an ill wind that blows nobody any good." The closing of the Theatres enabled us to "put our house in order" preparatory to a continuation of the MUSICAL COMEDY policy of entertainment, which has met with such popular approval by the amusement seeking public of St. John. We hope to merit the further approbation of our patrons by the continued presentations of up-to-the-minute tabloids. The re-opening programme has been selected for its laugh-provoking quality, abounding with clever situations directed by Mr. Mack, and interpreted by all the old favorites, with several new faces added to the chorus. New numbers, clever specialties, surrounded with attractive scenery and lighting effects.

**"Senator Slavinsky"** is the title of this scream travesty, and you can imagine CHARLIE BANGOR romping through the part of the "Senator" in his usual comical manner. Then we have Young JOE DONOVAN, ART SNOW and JOE BAKER—the ever popular LILLIAN LESLIE, Dainty MARGARET HASKEL, Clever LUCILLE CAMERON, not forgetting the artistic character work of MRS. ARTHUR SNOW. Don't Miss

**"Senator Slavinsky"**

SPECIAL NOTICE—Until further notice we will not be able to promise the serial "A Fight for Millions," owing to schedule mixups due to the general shut down.

### NINE NEW CASES REPORTED TO V.A.D.

Nurses Are Urgently Required for Influenza Patients—Whole Families Are Prostrated, and They Are Large Families, Too.

In spite of the clear cold weather of the last few days the influenza germ still continues on its way and many new cases are heard of at the V. A. D. Diet Kitchen or by Mrs. Kuhring as requests for nurses come to her.

"We are still having a great many cases of very sick people," Mrs. Kuhring told The Standard last evening, and "we are asking for more helpers. The first corps of nurses are worn out because of the impossibility of getting relief. Some of these nurses only volunteered for part time, but have had to stay on successive days working sometimes from eight in the morning till ten o'clock at night, because of the appalling nature of the cases. Some of the nurses have had to leave because of illness in their own families or for other reasons, and their places have not been filled."

"It has been arranged by the executive that the families of those desiring assistance shall be personally visited and thus the V. A. D. will thoroughly understand the nature of the needs. Yesterday the official visitor of the department reported that she was able to cut off nine cases from the lists of those requiring cooked food from the Diet Kitchen. As nine new cases were reported at the Kitchen the number of families to be looked after, remains the same. There seems to be another little flurry of the epidemic," Mrs. Kuhring said, "and help is desperately needed. If people could see the tremendous pressure of work, if they could see for themselves the actual cases the help would be forthcoming. One family I know of has seven members all prostrated, in another family five, all are ill and there are not enough nurses to go around. Several of the nurses are absolutely tired out after their four weeks of steady nursing."

"There is a special call for a visiting helper to go to the homes and do relief work and it hoped some woman will come forward to do this."

At the Diet Kitchen, Mrs. Girvan states that they are still as busy as ever, yesterday being one of the best days they have had. Very many donations of food were sent in and \$50 in money which were most gratefully received.

The number of families to be cared for remains the same, but for the West Side it is reported that three or four may be left off the list today. Cars are needed or the use of a motor truck would be most acceptable.

### FROM STONE CHURCH TO THE SOLDIERS

tying up the parcels was done by the Girls' Association under Mrs. L. P. D. Tilley, president. Rev. G. A. Kuhring has enclosed a message from Stone church to every soldier wishing them a Happy Christmas.

### RED CROSS SOCIETY STILL TO CARRY ON

Lady Tilley, organizing president of the C. R. C. S. for New Brunswick, has received the following telegram from the General Red Cross Headquarters at Toronto:

"Executive committee in session congratulate officers, members and helpers of Red Cross Society on splendid work accomplished during war. Council meeting on Nov. 26 will discuss fully peace policy of society. Meanwhile, materials on hand should be used for refugee work which be-

comes increasingly urgent as Germans evacuate occupied lands. Reserve of supplies also needed in Canada for work in military hospitals. Have requested government to obtain for society earliest possible information as to arrangements for return and repatriation of prisoners."

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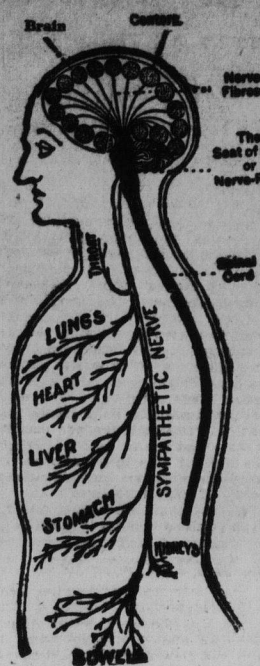
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## Study the Internal Nerves

YOU prick your finger and know that it is the nerves which carry the painful sensation to the brain. You move your hand, and realize that the idea of movement started in your mind. But did you ever think that every beat of your heart and every breath of air taken into your lungs is dependent on a constant supply of nerve force?

It is the internal or sympathetic nerves which drive the machinery of the body, and from their derangement or exhausted condition arises weakness of the stomach, feeble action of the heart, or inactivity of liver and bowels.

When nerve force fails every organ of the body becomes more or less deranged. Indigestion, sleeplessness, headaches, irritability and nervousness are some of the first indications. You lose energy and ambition, find your work a drudgery, and grow weak and listless. As time goes on you become more and more helpless, until nervous prostration or collapse brings you

to the sick bed, and long months are often necessary for the restoration of the exhausted nervous system.

Even in this extreme condition Dr. Chase's Nerve Food will usually cure if its use is persisted in, but how much wiser it is to heed the warning in the early stages and keep the nerve force at high-water mark.

No restorative has ever proven its worth in so many thousands of cases as has Dr. Chase's Nerve Food. What it has done for others it will do for you under similar conditions. By forming new, rich blood it nourishes the starved and depleted nerves back to health and vigor, and thereby overcomes the cause of weakness and diseases of the nerves.

Dr. Chase's Nerve Food is in such great demand that you can obtain it wherever medicines are sold—50c a box, 6 for \$2.75. Portrait and signature of A. W. Chase, M.D., are on every box of the genuine.

## Bringing Up Father

